

Steps for Fluoride Varnish Application

1. You will need

- Gauze sponges (2x2)
- Fluoride varnish (Duraflor)
- Small disposable Benda™-Brush
- Dental mouth mirror
- Latex/vinyl gloves

2. Position the child

- For an infant – place the child on the parents lap with the legs around the parent's waist. Position yourself knee-to-knee with the parent with child's head on parent's knees or your lap and treat the child from above the head.
- Or, place an infant or young child on an exam table and work from above the head.
- Or, adapt a method that works for you.

3. Apply the varnish

- Using gentle finger pressure, open the child's mouth.
- Clean and dry the teeth with a gauze sponge. **The teeth must be dry.**
- Use your fingers and sponges to isolate the dry teeth and keep them dry. You will usually be able to isolate a quadrant of teeth at a time, but will have fewer teeth to work with in younger children.
- Apply a **thin** layer of the varnish to **all surfaces of the teeth**.
- Once it is applied, the varnish sets quickly. You need not worry about moisture (saliva) contamination.
- Repeat the varnish application every three to six months.

Into The Mouths of Babes

NC Dental Screening and Varnish Project

4. Instruct the parent

- Counsel the parent based on the child's risk for tooth decay.
- Have the child eat a soft, non-abrasive diet for the rest of the day.
- Wait until the next day to brush the child's teeth.
- The teeth will not be white and shiny until the varnish is brushed off.